

Oxford Community Center

Jimmy Lee Recreation Center • Great River Water Park

270 Lexington Parkway North • Saint Paul, MN 55104

Phone: 651-642-0650

2009 Winter Program



Building Hours:

Mondays-Fridays

6:30 a.m. to 9:00 p.m.

Saturdays

7:00 a.m. to 7:00 p.m.

Sundays

11:00 a.m. to 5:00 p.m.

See page 2 for Holiday Hours and Closings



Saint Paul Parks and Recreation

Helping to Make Saint Paul the Most Livable City in America

VISIT US ON THE WEB

www.stpaul.gov/parks

Welcome to Oxford Community Center

Helping to Make Saint Paul the Most Livable City in America

Mission Statement

To help make Saint Paul the most livable city in America, Saint Paul Parks and Recreation will facilitate the creation of active lifestyles, vibrant places and a vital environment.



VISIT US ON THE WEB

www.stpaul.gov/parks

This program is subject to change due to citywide or local special events.

| | |
|---|---------------------|
| General Parks and Recreation Information | 651-266-6400 |
| Parkwatch | 651-646-3535 |
| Seasonal & Part-time Employment | 651-266-6466 |
| Volunteer Hotline | 651-266-6464 |
| Environmental Program Volunteer Hotline | 651-266-6458 |

An Affirmative Action Equal Opportunity Employer

Administration

| | |
|---|----------------------|
| Director: | Mike Hahm |
| Manager of Recreation Services: | Kathy Korum |
| Manager of Special Services: | Tom Russell |
| Central Area Coordinator: | Beverly Wittgenstein |
| Supervisor of Aquatics: | Lynn Waldorf |
| Oxford Community Center Facility Manager: | Paul Prior |
| Jimmy Lee Recreation Center Recreation Director: | Victor Mister |
| Great River Water Park Aquatics Facility Supervisor: | Adam Zirzow |

Holiday Hours & Closings 11:00AM to 5:00PM except as noted below

| | | |
|------------------------|-----------------------------------|------------------|
| Wednesday, December 24 | Christmas Eve | close @ 4:00PM |
| Thursday, December 25 | Christmas Day | CLOSED |
| Wednesday, December 31 | New Year's Eve | close @ 5:30PM |
| Thursday, January 1 | New Year's Day | 11:00AM - 5:00PM |
| Monday, January 19 | Martin Luther King Jr. Day | 11:00AM - 5:00PM |
| Monday, February 16 | President's Day | 11:00AM - 5:00PM |
| Sunday, April 12 | Easter Sunday | CLOSED |

Volunteers Needed

Share your time and interests with Saint Paul Parks and Recreation as a volunteer. Opportunities for coaching, teaching classes or assisting with special events are available. For more information on volunteering, contact your local recreation center. Thank you in advance for your interest.

Thank You to Our Volunteers

A special thanks to all of the volunteers who coached sports or assisted with one of the many special events. Without volunteers like you, our programs would not be possible.

Registration Information

Most activities and special events have limited space and are filled on a first-come, first-served basis. Individuals with special needs or disabilities are invited to participate in all recreation center programs. If the disability requires special services, please call for more information. Please register at least three weeks in advance of the class to allow for arrangements of accommodations. Individuals who are deaf/hearing impaired may contact any of the area recreation centers through the 711 voice-relay system.

In Person Registration

Walk-in registration is accepted during building hours.

Online Registration

By using a valid credit card, adults can register online from any computer connected to the internet. Our online address is www.stpaul.gov/parks. If you don't have access to a computer, visit any recreation center and the center staff will be able to process your registration for any activity at any recreation center in the city.

Fees & Refunds

Cash, checks, and credit cards (VISA, Mastercard, Discover, & American Express) are accepted. Please make checks payable to the "City of St. Paul." All refunds are subject to a \$10 administration charge unless the program is cancelled. To request a refund, contact the Recreation Center Staff.

Registration is complete when the fee is paid.

Facility Rental Opportunities

Do you need space for a birthday party, anniversary, group meeting or work gathering? Saint Paul Parks and Recreation has a wide variety of spaces available for rent. Spaces such as multi-purpose rooms, gymnasiums, kitchens, softball fields, and more are all available at reasonable rates. Contact any Recreation Center for more information.

Photography & Video Recordings

Saint Paul Parks and Recreation uses photography and video recordings to document activities and promote recreation opportunities. Participation in a recreation activity acts as your consent to such photographs and recordings unless you indicate otherwise to the facility staff.

Minnesota Data Privacy Act

In accordance with the Minnesota Data Privacy Act, personal information requested by Parks and Recreation staff of you and/or your child is private. This private data is available to you, the Parks and Recreation staff, and volunteers who need the information to perform their duties – not the public.

Advertise With Us!

Reach Saint Paul households with an ad in the Parks & Recreation Seasonal Program. For more information, ad sizes, and costs, contact Belinda Bergstrom, Youth & Family Specialist at 651-308-5063.

Adaptive Recreation Program

The Adaptive Recreation Program provides leisure services to individuals who are mentally and/or physically disabled. Recreational, educational, and cultural activities are offered throughout the year at various recreation centers and Community Education sites throughout Saint Paul. For more information about the Adaptive Recreation Program, or to receive a copy of the ARCH newsletter, contact the Adaptive Recreation Office at 651-793-6635.

TODDLER

Tot Gym Time

Jimmy Lee

This unstructured time is for parents or day care providers and their tots to play in the gymnasium. Scooter boards, tricycles, balls, parachutes and more are available. Adults are responsible for their children.

DAYS: Tue & Thur DATE: Jan 13 TIME: 10-11:30am
 FEE: Free AGE: 2-5 Sessions: 11

Wee Explorers

Jimmy Lee

Instructor: YMCA staff

Playing and learning go hand-in-hand. Through themed class sessions, children will explore, create and discover numbers, letters and colors, and have lots of fun through sensory manipulative, games and more!

DAY: Wed DATE: Jan 14 TIME: 10-10:45am
 FEE: \$40 AGE: 3-6 Sessions: 7

TODDLER

YOUTH

YOUTH

YOUTH

Cheerleading

Jimmy Lee

Instructor: Charise Shantae' Kyles

This group will perform for Jimmy Lee Recreation Center's fall and winter sports. NOTE: Uniform is provided but not kept.

DAYS: Wed, Thur & Fri DATE: Jan 14 TIME: 6-7:30pm
 FEE: \$45 AGE: 7-12 Sessions: 21

Computer Lab

Jimmy Lee

Our computer lab will be available to students after school. Limit of 1 hour per day. We will also have volunteers to help youth with research, use of computers, and homework.

DAYS: Mon - Fri DATE: Jan 5 TIME:
 FEE: Free AGE: 8-15 Sessions: on-going

Dance Sampler

Jimmy Lee

Instructor: YMCA staff

The sampler combines traditional dance with new styles. Kids will make friends and have a great time while learning how to move their bodies to different music.

DAY: Tue DATE: Jan 13 TIME: 4:30-5:30pm
 FEE: \$45 AGE: 7-11 Sessions: 7

Game Room

Jimmy Lee

Activities such as ping pong, foosball, darts, video games, and a variety of board games are available for daily use.

DAYS: Mon - Fri DATE: On-going TIME: 3-8pm
 FEE: Free AGE: 6-12 yrs Sessions: On-going

Tae Kwon Do

Jimmy Lee

Instructor: Gabriel Lopez

Tae Kwon Do will teach you self-confidence, self defense, stances, blocking and kicking forms and discipline from a ranked 1st degree black belt.

DAYS: Mon & Wed DATES: Jan 5 TIME: 3-4:15pm
 DAYS: Mon & Wed DATES: Feb 2 TIME: 3-4:15pm
 AGE: 6 and up Sessions: Monthly
 FEE: \$33, due the 1st of month



Rec Check is a free after school program. Youth in grades 1-6, check in with staff upon arriving at the center and check out when leaving. Parents can choose to be notified when their child does not check in. Youth participate in a variety of scheduled activities including arts & crafts, reading, homework help, and special events. To promote health & fitness, staff will engage youth daily in physical activities such as gym games, outdoor play, and fitness fun. A daily snack is provided. Registration is required & space is limited. Rec Check is for youth who live or attend school in Saint Paul.



Rec Check

DAY: Mon-Fri DATE: Jan 5 TIME: 3-6pm
 FEE: Free AGES: 1st - 6th Grade
 Sessions: All public school days except early release days.
 SITES: Arlington, Baker, Conway, Dayton's Bluff, Duluth & Case, Front, Hancock, Jimmy Lee, McDonough, MLK, North Dale, Palace, Prosperity, Scheffer, Sylvan, & West Minnehaha

YOUTH ATHLETICS

The City of Saint Paul, Division of Parks and Recreation is committed to providing quality athletic programming for youth of all ages and abilities. The basic foundation of our program is to:

- Encourage participation in physical activities
- To promote the development of physical skills
- To provide a safe place and fun experience.

Our program is built on the principles of fair play, good sportsmanship and respect for one's self and one's opponent. It is our expectation that everyone involved in youth athletic programming will contribute in a positive manner. We will provide a healthy environment where participants will feel safe, welcome and where they will find their athletic experience rewarding.

All participants must live in Saint Paul unless the participant is enrolled in a public, private, or charter school within the Saint Paul city limits.

Participants are required to:

- Provide a copy of the birth certificate at time of registration
- Pay registration fee at time of registering

Non-resident participants are required to:

- Show proof of enrollment/school attendance for the current year.
- Comply with all other requirements (examples: age, weight for football, etc.) for team participation.

** Late registrations will be accepted if roster space is available.*

** Late registrations may be charged a late fee*

Spring Sports Registration

REGISTRATION: Feb 9-13 Late registration will be taken if space is available.

Volleyball: Ages 10, 12, 14, and 18 & under

Indoor Soccer: Ages 10, 12, 14, and 18 & under



FAMILY

Friday Family Fitness

Jimmy Lee

Bring the whole family for gym and swim activities.

DAY: Fri

DATE: Jan 9

TIME: 6-8pm

FEE: Gym Free / Water Park Admission

SESSIONS: On-going

Open Gym - Family

Jimmy Lee

The gym will be open to families for gym activities. Children must be accompanied by an adult family member.

DAY: Sun

DATE: Jan 4

TIME: 1-4pm

FEE: Free

SESSIONS: On-going

MUNICIPAL ATHLETICS



Are you looking to join an organized adult athletic team? Municipal Athletics, a section of Saint Paul Parks and Recreation, offers a wide variety of adult intramural athletic programs. Some possibilities include: baseball, basketball, boot hockey, broomball, softball and touch football. For more information please contact Municipal Athletics staff at 651-558-2255.

www.stpaul.gov/parks

TEEN
TEEN
TEEN
TEEN

Jimmy Lee

DAY: Third Tuesday of each month
FEE: Free AGE: 13-17

TIME: 6-8pm
SESSIONS: On-going Monthly

Jimmy Lee

DAYS: Mondays - Fridays
Saturdays
Sundays

TIME: 7am-8:30pm
7am-6:30pm
11am-4:30pm

FEE: \$3/day Fitness Room, \$1/day Walking Track

ANNUAL MEMBERSHIP: \$25/person, \$50/person *non-city residents*

*Must live or work in Saint Paul. Documentation required.

If you are between the ages of 13-19 ...

Youth Leadership Training Program:

Learn about self-esteem, relationship building, leadership styles, career development, personal hygiene, and much more.

Orientations will be held on Tuesday, January 20 and Thursday, January 22 at 6:00 p.m.

For more information please contact MICHAEL

Adolescent Pregnancy Prevention Program (A.P.P):

In this program you will learn about abstinence, birth control methods, sexually transmitted diseases, (STI's/STD's), self-esteem, puberty and other teen related issues.

Orientations will be held on Wednesday, January 21 and Monday, January 26 at 5:00 p.m.

For more information please contact MICHAEL

Teens Choosing Healthy Options Program & Services (T.C.-HOPS):

This is a program that was designed for African American Teen Parents or expecting parents. In this program you will receive the opportunity to be involved in activities for you and your child(ren), free transportation and childcare, parenting education, snacks, shopping trips, gift cards and much more.

Orientations will be held on Tuesday, January 20 (for *new & returning* participants) at 4:00 p.m.

For more information please contact TWOWANA

Youth Employment Program:

You will receive on-the-job-training while working with teens your age and learning job seeking and keeping skills. You will learn how to properly fill out a job application, create your own resume and much, much more!!!

For more information please contact MAYLEE

Teen Nite Basketball:

Come prepared to play, please have your sweats/shorts and an extra pair of gym shoes (required, no street shoes on the floor) and come and get your hoop on!!!

Boys: Monday, Tuesday, & Wednesday 5:00–8:30 p.m.

Girls: Thursday 5:00-8:30 p.m.

1063 Iglehart Avenue • Saint Paul, MN 55104
651-644-3311

ADULT

Basketball – Mens' Open

Jimmy Lee

Open gym for Adult Men. I.D. required by all participants.

DAY: Sun DATE: Jan 4 TIME: 12-4:30pm
FEE: \$2 AGES: 18+ SESSIONS: on-going

Basketball – Women's Open

Jimmy Lee

Open Gym for Adult Women. I.D. required by all participants.

DAY: Sun DATE: Jan 4 TIME: 12-4:30pm
FEE: \$2 AGES: 18+ SESSIONS: on-going

Jimmy Lee Booster Club

Please join the Jimmy Lee Booster Club in support of the recreation center's activities.

DAY: third Thurs of the month TIME: 6:00pm
FEE: Free AGE: Adult SESSIONS: On-going Monthly

Fitness/Weight Room & Walking Track

Conway, Edgcumbe, Hillcrest, Jimmy Lee, Linwood, Martin Luther King, North Dale, El Rio Vista, Wilder

In order to encourage healthy living and active lifestyles, Saint Paul Parks and Recreation is promoting the use of our Fitness/Weight Rooms and Walking Tracks. Annual memberships can be used at any Saint Paul Recreation Center that has a Fitness/Weight Room or Walking Track and includes the Fitness Tracker program.

FEE: Daily: Fitness/Weight Room \$3 / Walking Track \$1
Annual Membership: \$25/person*, \$50/person non-city residents
* Must live or work in Saint Paul. Documentation required.

Fitness Tracker

Conway, Edgcumbe, Hillcrest, Jimmy Lee, Linwood, Martin Luther King, North Dale, El Rio Vista, Wilder

Saint Paul participates in Fitness Tracker, a program using CoreCommunity software to track and motivate individuals to work their way towards better health. To be eligible to use Fitness Tracker, one must live or work in the city of Saint Paul.

- STEPS: Measure walking or jogging routes using an interactive map that provides distances for the route chosen.
- FITNESS TRACKER: Tracks activity minutes.
- STEP COUNTER: Tracks steps for walking and jogging routes and also converts the time spent in other activities into steps so that individuals can see if they are achieving the goal of 10,000 steps per day.

FEE: Annual Membership \$10/person*
* Included with Annual Fitness/Weight Room & Walking Track Memberships

Latin Hip Hop

Jimmy Lee

Instructor: YMCA staff

A high energy workout that fuses together today's latest Hip Hop and Latin moves. Playfully get in the groove and then move to several Hip Hop and Latin Combos that are designed for all levels. Showcase your versatility and passion with a smooth, fun routine.

DAY: Wed DATE: Jan 14 TIME: 6:30 -7:30pm
FEE: \$45 AGES: Adult SESSIONS: 7

SENIORS

Saint Paul Parks and Recreation offers many recreation opportunities for adults age 50+. Classes, tours, special events and many more activities designed for seniors, retirees, and adults age 50+ are advertised in the quarterly newsletter "Pioneer Spirit". To learn more about these city-wide activities or to request your first issue of the "Pioneer Spirit", please call Mary Livingston at 651-266-6447 or email mary.livingston@ci.stpaul.mn.us.

"Club Saturday"

Jimmy Lee

Join friends for card games, dominoes, checkers or come for coffee and conversation.

DAY: Sat DATE: Sept 6 TIME: 9:30am-noon
FEE: \$1 SESSIONS: On-going

Fitness Room & Walking Track

Jimmy Lee, El Rio Vista, and Linwood (fitness room only)

The fitness and walking track will be available for use during normal programming hours.

FEE: \$3/day or \$25 per year for membership card.

EnhanceFitness®

Oxford Community Center/Jimmy Lee Recreation Center Instructor: Judith Drews

EnhanceFitness is lively, interactive, and fun! Designed for older adults, these popular group exercise classes feature cardiovascular conditioning exercises, strength training, and balance routines that help improve flexibility, bone density, and stability. The sessions also promote endurance, coordination, and mental sharpness for everyone involved. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being. These classes are sponsored by UCare Minnesota and are available at no charge to UCare for Seniors members.

DAY: Tue / Thur DATE: Jan 13 TIME: 10am-11am
AGES: 55+ SESSIONS: 24

FEE: UCare Members - Free, Non-UCare Members - \$24

Brain Games Triathlon

Jimmy Lee

Do you know the capital of New Jersey? Do you know how to spell New Jersey? You will after this day! Make sure to sign up for this new activity. Individuals will be placed in teams which will consist of four people. Groups will be challenged to answer questions in trivia, spelling, and will test their skill in a game of bean bag toss. Individual and team registration will be accepted. Coffee and cookies will be served. Prizes will be awarded to members of the first place team. If you are interested in signing up or have questions, call Trenton at 651-266-6363.

DAY: Wed DATE: Feb 18 TIME: 9am-12 noon
FEE: \$3/person, \$10/team

To REGISTER, CONTACT: Trenton @ 651-266-6363

REGISTRATION DEADLINE: Monday February 9



No School Day Programming

Don't sit home alone; come spend some time with us having fun in a positive and safe place during these no school days.



SPRING: March 30, 31 & April 1, 2, & 3

ALL PROGRAMS ARE FREE. Full day program hours are 8am-6pm. Half day sites are 1-6pm. If you have any questions, please feel free to contact your closest recreation center or call 651- 266-6400. *Pre-Registration must be completed by parent or guardian.* Forms will be available at the recreation center or online at www.stpaul.gov/parks. Space is limited.



All Day Programming

8 AM — 6 PM

Sites: Dayton's Bluff, Jimmy Lee, Hancock, Hazel Park, & North Dale.

Half Day Programming

1 — 6 PM

Sites: Scheffer, Hillcrest, McDonough, & Margaret.

Teen Programming

1 — 6 PM

Ages: 13-18

Sites: Hayden Heights, Palace, MLK, & Rice.

The Junior League of Saint Paul

The Junior League of Saint Paul, through its Saint Paul Plays! Committee is working with Saint Paul Parks and Recreation and the Mayor's Second Shift Initiative, to provide opportunities for children and their families to connect through play. Game events throughout the year, will be set up to create opportunities for children and parents to play together, teach parents why play is important to their children's well-being, and enjoy time together with their neighbors in a safe environment. Gaming night will be held at these sites:

Jimmy Lee:

March 5 4-6pm



Bowling For All

A program designed for children and families of St. Paul. The cost for a three month card is \$20.00 per person. You can stop in at any recreation center to purchase your card. The three months for winter includes January - March 2009. Cards may be used anytime when open bowling is available. You may call Midway Pro Bowl or go to their web site for open times. For more information, please call your local recreation center.

MIDWAY PRO BOWL

1556 University Avenue • St. Paul, MN 55116

www.midwayprobowling.com

Phone: 651-646-1396

Great River Water Park



Come enjoy playing in our Children's activity area with age-appropriate water slides, rope climb area and water play features. Don't forget to find our sleeping bear! We also have two new water slides for the older children that twist and turn on the outside of the Center and return back inside. We still have lots of room to swim in our indoor 8-lane pool with drop slide, diving board and don't forget Snappy the Turtle! Hungry? Check out the new concession food area right inside the pool for your convenience.

Admissions

Daily passes include admission to the Great River Water Park, which features: children's play area, two large water slides, sauna, and lap pool.

Daily Pass

| | |
|--------------------------|---------|
| YOUTH (Under 48") | \$ 4.50 |
| YOUTH (16 & under) | \$ 5.00 |
| ADULT | \$ 6.50 |
| ADULT (62 +) | \$ 6.00 |
| FAMILY (Up to 5 Members) | \$16.00 |
| Additional family member | \$3.00 |
| LAP SWIM | \$5.00 |
| WATER AEROBICS | \$5.00 |
| NON-SWIMMING DECK FEE | \$2.00 |

Daily Group Rate (10+ people)*

| | |
|----------------------------|---------|
| YOUTH (Under 48") | \$ 4.00 |
| YOUTH (Under 16 years old) | \$ 4.50 |
| ADULT | \$ 6.00 |
| ADULT (62 +) | \$ 5.50 |

* Groups of 25+ must have a reservation

Punch Cards – Includes 10 daily passes

| | |
|--------------------------------|----------|
| Youth (less than 48") | \$ 40.00 |
| Youth (less than 16 years old) | \$ 45.00 |
| Adult | \$ 58.50 |
| Senior (62+) | \$ 54.00 |

Open Swim Schedule

All 3 Pools:

| | |
|-----------------------|-----------------|
| MON, WED, & FRI | 7-8:30pm |
| Half Price on Mondays | |
| SATURDAY | 12-7pm |
| SUNDAY | 12-5pm |
| MON, WED, & FRI | 10:30am-12:30pm |
| Half Price on Mondays | |

Children's Activity Pool & Slides only:

| | |
|-----------------------|----------|
| MON, WED, & FRI | 4-8:30pm |
| Half Price on Mondays | |

Adaptive Recreation Open Swim

| | |
|----------|-------------|
| THURSDAY | 6:30-8:30pm |
|----------|-------------|

Lap / Aerobics Swim Card

Includes 10 daily passes. For lap swim & water aerobics only. May be used at Great River Water Park, Highland Aquatic Center, or Como Pool.

| | |
|----------------|----------|
| Adult / Senior | \$ 45.00 |
|----------------|----------|

Lap Swim Schedule

| | | |
|-----------|--------------|----------|
| MONDAY | 6:30-9:30am | 5:30-7pm |
| WEDNESDAY | 6:30-9:30am | 5:30-7pm |
| THURSDAY | 5:30-7pm | |
| FRIDAY | 6:30-9:30am | 5:30-7pm |
| SATURDAY | 11am-12 noon | |
| SUNDAY | 11am-12 noon | |

Water Aerobics Schedule

| | |
|-----------------|--------------|
| MON, WED, & FRI | 9:30-10:30am |
| TUE & THUR | 5:30-6:30pm |

Swim Lessons

Minnesota is the Land of 10,000 Lakes, and that means knowing how to be safe in and around water is essential. With qualified instructors, our swimming lessons are fun and teach participants how to safely swim at all skill levels. Participants in our lessons are grouped by ability. Please see Skill Level Descriptions.

- Lessons start on the hour or half hour and last 50 minutes, unless otherwise noted.
- There are 8 classes per session. Makeup lessons are scheduled if necessary. You'll be notified.
- Children with disabilities are encouraged to participate in our lesson program. Call the Adaptive Recreation Office 651-793-6635. Please contact us two weeks prior to mail-in registration deadline for the session.
- Private Lessons – Saint Paul Aquatics offers individual or group private lessons. Contact the pool for more information.

SESSION SCHEDULE

Tuesday Evening

WINTER SESSION: January 6 – February 24
SPRING SESSION: March 10 – April 28

| | |
|---------------|-----------------------|
| 4:30 – 5:20pm | Fin Buddies - Sunfish |
| 5:30 – 6:20pm | All Levels |
| 6:30 – 7:20pm | Jellyfish - Tigerfish |

Wednesday Morning

WINTER SESSION: January 7 – February 25
SPRING SESSION: March 11 – April 29

| | |
|----------------|-----------------------|
| 9:30 – 10:20am | Fin Buddies - Sunfish |
|----------------|-----------------------|

Saturday Morning

WINTER SESSION: January 10 – February 28
SPRING SESSION: March 21 – May 9

| | |
|-----------------|---------------------------------|
| 9:00 – 9:50am | Jellyfish - Tigerfish |
| 10:00 – 10:50am | All Levels, incl. Jr. Lifeguard |

* Wait lists available for swim lessons *

www.stpaul.gov/parks

SKILL LEVEL DESCRIPTIONS

Fin Buddies



For children ages 6 months to 3 years, an adult must accompany the child. Adults and instructors work together to develop the child's comfort in the water. Adults learn basic safety practices for working with children in and around the water. Adults and children will learn water adjustment and basic skills.

Jellyfish – Water Exploration



Offers swimmers ages 3-5 the first opportunity to learn basic water exploration skills without a parent. Swimmers will learn:

- To feel comfortable in the water and enjoy the water
- Basic water safety skills
- Supported float on front/back
- Water adjustment
- Supported kicking on the front/back
- Fully submerge face 3 seconds

Sunfish – Primary Skills



The objective is to give swimmers success with fundamental skills. Swimmers must be comfortable in the water without a parent and have completed Jellyfish or have equivalent skills. Swimmers will learn:

- Supported floats on front/back
- Float and glide on front/back
- Introduction to front & back crawl
- Supported deep water orientation
- Supported combined stroke on front/back using kicks and alternating arm action, 5 yards
- To retrieve objects under water

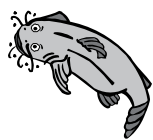
Moonfish – Advanced Primary Skills

Give swimmers more success with fundamental skills learned from Sunfish Level.

- Rhythmic breathing skills
- Supported deep water orientation
- Unsupported floats on front/back
- Elementary backstroke introduced
- Unsupported combined stroke on front/back using kicks and alternating arm action, 5 yards



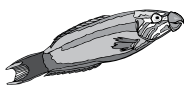
Catfish – Stroke Readiness



Builds on skills by coordinating strokes and increasing endurance. Swimmers must have completed Moonfish or have equivalent skills. Swimmers will learn:

- Coordinate front crawl, 15 yards
- Coordinate back crawl, 15 yards
- Elementary backstroke, 10 yards
- Introduction to diving from side of pool
- Treading water, 30 seconds
- Whip kick introduced

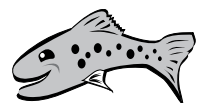
Parrotfish – Stoke Development



Develops endurance in strokes learned and introduces the breaststroke and sidestroke. Swimmers must have completed Catfish or have equivalent skills. Swimmers will learn:

- Front/back crawl, 50 yards
- Elementary backstroke, 25 yards
- Breaststroke introduction
- Sidestroke introduction
- Breaststroke kick, 25 yards
- Scissors kick, 10 yards
- Treading water, 90 seconds

Rainbow Trout – Stroke Refinement



Refines coordination and increases endurance of key strokes. Butterfly is introduced. Swimmers must have completed Parrotfish or have equivalent skills. Swimmers will learn:

- Front/back crawl, 75 yards
- Breaststroke, 50 yards
- Elementary backstroke, 50 yards
- Butterfly introduced
- Sidestroke, 25 yards
- Beginning diving from board
- Treading water, 3 minutes

Tigerfish – Skill Proficiency



Polish strokes so swimmers swim them with more ease, efficiency, power and smoothness over greater distances. Swimmers will learn:

- Front crawl, 100 yards
- Back crawl, 100 yards
- Breast Stroke, 75 yards
- Sidestroke, 50 yards
- Tread water, 5 minutes
- Recover 10 lb. brick from deep end



Junior Lifeguard Program

Promotes water safety and junior lifeguarding for ages 10-15. Participants will gain valuable first hand experience and learn:

- To enforce pool rules & regulations
- Scanning
- Use of safety equipment
- Emergency action plans
- Facility cleanliness and operation

Developmental Swim Team

Geared to swimmers ages 7-18 years. The program has a dual purpose:

- A chance for younger children to learn more about competitive swimming
- Act as a stepping-stone into competitive school swim teams and/or maintain skills during the off season.

This program is an excellent introduction to competitive swimming. Our program is coached and managed by STAR Swim Club, a local competitive swim club with a national reputation for producing Olympic-caliber swimmers.

The Swim Team program gives more experienced swimmers more opportunities to develop their skills in structured but fun environment.

Want to be a lifeguard or know someone who does?

**Saint Paul Connections
Ellis Lifeguard
Training Class**

Cost is only \$1.00!

**January 31 - April 25
Saturdays 8AM - 11AM**

**Please call 651-642-0390
for more information.**

SWIM SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|---|--|---|
| 6:30 am - 9:30 am LAP SWIM (MAIN POOL ONLY) | | 6:30 am - 9:30 am LAP SWIM (MAIN POOL ONLY) | | 6:30 am - 9:30 am LAP SWIM (MAIN POOL ONLY) | 7-9 am STAR SWIM CLUB | |
| 9:30-10:30 am Water Aerobics | | 9:30 - 10:30 am Swim Lessons Lower Levels | | 9:30-10:30 am Water Aerobics | 9 - 11 am Swim Lessons In All Pools | |
| 10:30am - 12:30 pm OPEN SWIM All pools open for swimming | | 10:30am - 12:30 pm OPEN SWIM All pools open for swimming | | 10:30am - 12:30 pm OPEN SWIM All pools open for swimming | 11 am- 12 pm LAP SWIM - Main Pool | Activity & Slides open |
| STAR SWIM CLUB 3:30 - 5:30 pm MONDAY - FRIDAY Main Pool Only | | | | | | |
| 4-8:30 pm OPEN SWIM Activity Pool & Slides | 4:30 - 5:30 pm Swim Lessons Lower Levels | 4-8:30 pm OPEN SWIM Activity Pool & Slides | | 4-8:30 pm OPEN SWIM Activity Pool & Slides | 12 - 7 pm OPEN SWIM All pools open for swimming | 12 - 5pm OPEN SWIM All pools open for swimming |
| 5:30 - 7 pm LAP SWIM - Main Pool Slides/Activity Pool open | 5:30-6:30 pm Water Aerobics | 5:30 - 7 pm LAP SWIM - Main Pool Slides/Activity Pool open | 5:30-6:30 pm Water Aerobics | 5:30 - 7 pm LAP SWIM - Main Pool Slides/Activity Pool open | | |
| 7 - 8:30 pm OPEN SWIM All pools open swim | 5:30-7:30pm Swim Lessons | 7 - 8:30 pm OPEN SWIM All pools open swim | 5:30-7 pm LAP SWIM Main Pool | 7 - 8:30 pm OPEN SWIM All pools open swim | | |
| | Reserved for Training | | 6:30-8:30pm Adapt Rec Water Aerobics Splash Pool | | | |
| | | | 7:30-8:30pm Adapt Rec Open Swim All Pools | | | |

There are two lap lanes available during most open swim times during non-summer hours.

Great River Water Park Open Swim Extended Hours

Lap Swim, Water Aerobics, and Swim Team times are same as above unless otherwise noted.

Winter Break

| MONDAY December 22 | TUESDAY December 23 | WEDNESDAY December 24 | THURSDAY December 25 | FRIDAY December 26 |
|---|---|--|---|--|
| OPEN SWIM: 10:30am - 8:30pm (Activity Pool & Water Slides only: 3:30-7pm) | OPEN SWIM: 12 - 6:30pm (Activity Pool & Water Slides only: 3:30-6:30pm) | OPEN SWIM: 10:30am - 3:30pm <i>* Oxford closes @ 4pm *</i> No evening Lap Swim | CLOSED | OPEN SWIM: 10:30am - 8:30pm (Activity Pool & Water Slides only: 1-7pm) |
| December 29 | December 30 | December 31 | January 1 | January 2 |
| OPEN SWIM: 10:30am - 8:30pm (Activity Pool & Water Slides only: 3:30-7pm) | OPEN SWIM: 12 - 6:30pm (Activity Pool & Water Slides only: 3:30-6:30pm) | OPEN SWIM: 10:30am - 5:30pm <i>* Oxford closes @ 5:30pm *</i> No evening Lap Swim | OPEN SWIM: 11am - 5pm (Activity Pool & Water Slides only: 11am-12pm) Main Pool - Lap Swim: 11am-12pm <i>* Oxford closes @ 5pm *</i> No evening Lap Swim or Water Aerobics | OPEN SWIM: 10:30am - 8:30pm (Activity Pool & Water Slides only: 1-7pm) |

Spring Break

| MONDAY March 30 | TUESDAY March 31 | WEDNESDAY April 1 | THURSDAY April 2 | FRIDAY April 3 |
|---|--|---|---|---|
| OPEN SWIM: 10:30am - 8:30pm (Activity Pool & Water Slides only: 5:30-7pm) | OPEN SWIM: 12 - 4:30pm (Swim Lessons: 4:30-7:30pm) | OPEN SWIM: 10:30am - 8:30pm (Activity Pool & Water Slides only: 5:30-7pm) | OPEN SWIM: 12 - 6:30pm (Activity Pool & Water Slides only: 5:30-6:30pm) | OPEN SWIM: 10:30am - 8:30pm (Activity Pool & Water Slides only: 5:30-7pm) |

Friends of Oxford Pool

Friends of Oxford Pool funds swim lessons for children in Saint Paul whose families are financially unable to enroll their child in lessons. We believe these activities give children important water safety skills and lots of healthy fun!

If you are interested in assistance with lesson fees, would like to make a donation or become involved with Friends of Oxford Pool activities, please fill out the form located at the Oxford Community Center reception desk or e-mail: swimming.fun@gmail.com. You may also contact: Friends of Oxford Pool
PO Box 4600
Saint Paul, MN 55104



*Interested in becoming a better swimmer
or want to get an extra workout?*

Show up on these special days at no extra cost.

Stroke Improvement Clinic

| | | | |
|-----------------|--------------------------|------------------------------|------------------------------|
| January | 10th 11am-12pm | 14th 7:30 - 8:30am | 26th 5:30 - 7:00pm |
| February | 7th 11am-12pm | 18th 7:30 - 8:30am | 23rd 5:30 - 7:00pm |
| March | 7th 11am-12pm | 18th 7:30 - 8:30am | 30th 5:30 - 7:00pm |
| April | 11th 11am-12pm | 15th 7:30 - 8:30am | 27th 5:30 - 7:00pm |

Power Water Aerobics

| | | |
|-----------------|-------------------------------|--------------------------------|
| January | 14th 9:30 - 10:30am | 15th 5:30pm - 6:30pm |
| February | 11th 9:30 - 10:30am | 12th 5:30pm - 6:30pm |
| March | 11th 9:30 - 10:30am | 12th 5:30pm - 6:30pm |
| April | 8th 9:30 - 10:30am | 9th 5:30pm - 6:30pm |

On-line Registration & Season Pass Information

Fast and Convenient at www.stpaul.gov/parks

Access the web site from your home computer or use one of the available computers at your local public library. Once on the Parks website click on Oxford Community Center and follow the step-by-step instructions below to view programs at the Great River Water Park. You can still register by mail or on-site, but we urge you to try our new and improved online system.

Use it to:

- Register for swimming lessons,
- Sign up for the competitive developmental swim team
- Change your lesson registration if needed

To register for Aquatics Programs online follow these steps:

1. Go to www.stpaul.gov/parks
2. Click on "Aquatics" along the left hand side
3. Click on "Great River Water Park"
4. Click on "Swimming Lessons"
5. Select season and year for programs you want to view



Get Fit for a Buck Days

The City of Saint Paul invites you to Open Swim, Water Aerobics, and Lap Swim for \$1.00 at the regularly scheduled times on Sundays:

- January 18 – Frosty Float
- February 15 – Bring Your Sweetheart to The Park
- March 15 – St. Patrick's Day
- April 19 – Spring Fling

Half Price Mondays

All Mondays are half price admission to the Great River Water Park.

- January 5, 12, 19, 26
- February 2, 9, 16, 23
- March 2, 9, 16, 23, 30
- April 6, 13, 20, 27

Certificates Make Great Gifts!

Individual and Family gift certificates for the Great River Water Park are available at the Oxford Community Center Reception Desk.



Did you know?

- Admissions fees and wristbands are required for anyone entering the pool area.
- Children that are not toilet trained must wear plastic pants under their bathing suits or swim diapers (waterproof little swimmers), which may be purchased at the front desk.
- Our lifeguards are highly trained and qualified. Please adhere to their instructions at all times.
- Flotation devices are allowed in our wading pools if approved by the lifeguard.
- Properly fitting, U.S. Coast Guard approved life jackets are allowed at all pools (in shallow water only). Life jackets are available in the aquatics office for you to use, please ask an aquatics staff person. Children must be accompanied by an adult at all times.
- Lockers are available at Great River Water Park. Guests may bring their own lock or rent a lock at the front desk for \$1 but please leave valuables at home.

NOTE: In an ongoing effort to provide a safe and enjoyable pool experience for our guests, Saint Paul Parks and Recreation utilizes training exercises to improve our lifeguards' skills and vigilance. These exercises will occur during normal operating hours and may consist of the following: submersible water mannequin, the use of video surveillance equipment, internal and external audits, and active water rescues and or first aid scenarios.

★ Celebrate your birthday ★ @ Great River Water Park!

★ Swim, Cake & Ice Cream Package

Includes: Single day Water Park admission, personalized birthday cake, ice cream, three (3) pitchers of beverage of your choice, cups, paper plates, plastic ware, napkins, 45 minute party time (in decorated Party Room to open gifts, eat, & socialize), card for the birthday child which includes a ticket for free single day Water Park youth admission.

Rate \$12 per person

Resident \$11 per person

★ Swim & Meal Deal

This package includes everything in the Swim, Cake & Ice Cream package, plus your choice of pizza slice & apple sauce or hot dog & chips.

Rate \$16 per person

Resident \$15 per person



No outside food or beverage allowed in Party Room unless arrangements are made prior to rental and approved by staff.

Minimum of six (6) paid party attendees to reserve Party Room.

Great River Water Park is also available for private parties, please contact center directly.

Book a party today!

Call 651.642.0650



City Of Saint Paul
Oxford Community Center
270 North Lexington Parkway
Saint Paul, MN 55104